

GlobalGourmet

Magazine

THE GRILLING ISSUE

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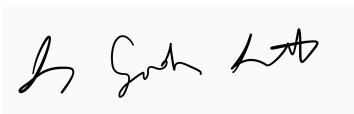
Dear Reader,

This month is Barbecue month. We're talking Summer cookouts. We're talking meat, veggies and even fruit on the grill (or bbq grill; whatever it is you call it when you cook food on a grate over coals or open flame). If this theme seems familiar to you, that's because we had a BBQ themed issue last year. In 2021 the BBQ issue was in May. This May (last month) we featured Picnic Recipes. Since that was such a lovely theme for the month of May (and its temperate weather), we will keep these two months the same going forward. Next year you can expect May to feature picnic recipes and June to be filled with delicious dishes that are all prepared on the grill.

This month we have everything from grilled salads – for an amazing starter, try Seema Doraiswamy Sriram's bright, fresh Grilled Radicchio with Citrus Dressing (pg. 8 & cover image) – to meats. For a very special occasion, Helen Chin's BBQ Rib Eye Steak (pg. 12), with a mouthwatering blend of Moroccan spices and served with roasted veggies, is a great way to celebrate. Have you ever tried grilled fruit for dessert? It makes a perfect topping for cheesecake, and if you're looking for a marvelous example, look to Mayuri Patel's luscious, creamy Roasted Pineapple cheesecake (pg. 15) has a gingersnap crust and could not be a more delicious grilled fruit to compliment the rich, creamy cheesecake filling. Speaking of creamy, Jasmina Borzovic's fabulous mayonnaise-based French Salad (pg. 4) is a perfect dish to bring to any Summer cookout. Are you looking for a very tasty burger to serve at your next BBQ? I've put a fun spin on a classic with my Best "Basic" Burgers (pg. 10). Want to seriously improve your grilling game? Make some of Archana's flavorful, savory Coffee Spice Rub (pg. 6) and use it on everything you barbecue, from meat to veg.

We hope you enjoy this issue. More than that, we hope you enjoy a wonderful summer filled with lots of fun, sun and extra quality time with your loved ones!

All the best, from our families to yours,

A handwritten signature in black ink, appearing to read "Joy Gordon Stewart". The signature is written in a cursive, flowing style.

Joy Gordon Stewart, Editor in Chief & the Global Gourmet Magazine Team



This Creamy, Delightful Salad is Perfect for a BBQ and Packed with Veggies

By Jasmina Borozvic

Do not let the title fool you – this fine salad has absolutely nothing to do with France. The secret lies in the fact that the French salad is called Russian salad (salade russe) in France. If you look around in their culinary dictionary under that name, you will find

recipes that have approximately the same ingredients as French salad Croatians make. Now let's see what the Russians have to say about it...

For Russians, this salad has – you guessed it – a different name. It's called “Salad Olivier“, named after

the chef who created it in the 1860s. Lucien Olivier was a chef at the renowned restaurant, “Hermitage”, in Moscow. Shortly after Lucien created it, this salad has become the most recognizable restaurant dish. Its recipe was a strictly guarded treasure, and even to this day we do not know how this popular appetizer was really done. What we do know is that it contained veal tongue, caviar, lettuce, pieces of lobster, capers, small cucumbers, hard-boiled eggs and soy beans.

At the turn of the 19th/20th century, one of Olivier’s assistant chefs tried to get a hold of the recipe. At one occasion while the chef was gone, Ivan Ivanov, his assistant chef, took some of the dressing and realized what the secret recipe was made of. After that, he went to work in the competitive restaurant “Moscow”, where he served a surprisingly similar salad. After that, Ivan has even sold the recipe to some publishers and salad began to gain popularity. The result of its popularization was a change of ingredients – everything that was seasonal or expensive was replaced by more affordable ingredients and little by little, the “French” salad as we know it today came into existence.

This version was an obligatory dish at ceremonies in Soviet Russia (especially on New Year’s celebrations) because all required ingredients were available in the middle of winter. In addition to Russia, it is a common guest on tables in Iran (where they add chicken bits) and in Spain and Portugal.

French Salad

via zvonimirfrs.com/food

Ingredients

1 bag of frozen peas and carrots mix (approx. ½ kg)
400 g (2 cups) mayonnaise
1 small jar of dill pickles (or smaller)
5 hard boiled eggs
1 tablespoon of mustard
3 tablespoons of sour cream (maybe a bit more, to taste)
salt and pepper to taste

Preparation

Hard boil eggs.

Separately boil the carrots and peas in salted water. When cooked, strain and set aside to cool.

Meanwhile, cut the hard boiled eggs and dill pickles into cubes, preferably of the same size as peas, and mix together in a bowl.

In a separate bowl, mix together sour cream, mustard, and a tablespoon of mayonnaise.

Mix in with the vegetables and eggs, then add what’s left of the mayonnaise and mix until combined.

If you want a french salad with the twist, you can add couple of boiled potatoes and an apple of your choice (both cut into cubes)!

Chill before serving, preferably overnight



This Fabulous Rub Will Elevate Anything You Can Think of to Grill

By Archana Potdar

Make my multipurpose Coffee Spice Mix and then you are set to make a Vegan starter, side or a filling for a wrap!

Coffee Rub is one of the easiest, and most delicious spice mixes that I have made. As a vegetarian cook, I can recommend using this spice rub on any of your veg ingredients, to give them a new zing. A note for meat-lovers: I gave some to my neighbour and she used it on chicken. Apparently, it tastes amazing and is exactly like Trader Joe's!

Spice rubs are actually a mix of ingredients and flavours. They're traditionally used to marinate the

meat before grilling. The flavours seep into the food and kick up the flavour of even the blandest ingredients. They're a quick and easy way of adding a little twist to your everyday preps.

This coffee rub does not taste like coffee at all! The versatile mix is an ultimate rub when you want that delicious spicy kick to your vegetables, tofu or meats. The coffee deliciously brings together the entire spice powder without even taking over the taste. It's amazing!

From now on keep a bottle of this multipurpose spice mix in your spice rack. I should think it'll last for 15 days in our tropical climate. In case you live in a cold

place you can keep it for about a month. Store it only in air-tight glass jars, please.

This spice rub uses 9 spices to give you an easy-to-use dry coffee rub. Now, this delicious spice mix is very easy to make. All you need is a bowl or plate to mix it all up. Sniff the mix! Heady isn't it? Now get your veggies out we will also make something with it!

Handy Coffee Spice Rub Recipe

via themadscientistkitchen.com

Ingredients

For the Coffee Rub:

2 tablespoon instant coffee
2 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon pepper
1 tablespoon coriander powder
2 tablespoon salt
2 tablespoon smoked paprika
1 teaspoon chilli powder
½ teaspoon cayenne optional

Veggies for The Coffee Rub:

2 potatoes peeled and cubed
3 onions
3 tomatoes
200 g mushrooms
200 g tofu drained and cubed
3 tablespoon Coffee Rub
3 tablespoon oil
Salt to taste

For Eggplant Roundels:

3 eggplant medium sized

½ teaspoon red chilli powder optional
2 tablespoon coffee rub
Salt to taste
¼ cup semolina
1 tablespoon rice flour optional
2 tablespoon oil
water a sprinkling optional but recommended

Instructions

How to make the Coffee Rub:

Measure all the ingredients in a plate or a bowl. Mix it up and crush up all the lumps.
Transfer to an air-tight container.

Prep for use of Coffee Rub:

Cut the tofu package and drain under a weight. Say about 30-45 minutes.
Soak the bamboo skewers if grilling.
Cut the veggies. Apply the coffee rub and put them in individual bowls.
Set it aside for about an hour.

Grilling:

When ready to cook, thread the tofu, potatoes, onions, tomatoes, mushrooms, capsicum in any order you please.

Brush the prepared skewer with oil.

Grill in the pre-heated oven with both the grills on for about 10 minutes at 180 C/350 F.

Serve with sauces of your choice.

Cooking on the stovetop:

Add some 1 tablespoon oil to a non-stick pan and add the potatoes first. Stir fry till done. Set aside on a plate.

Add the onions and cook on high flame in 1 teaspoon oil till the onions are translucent. Transfer to the plate of potatoes.

Add the tofu and sear all the sides of the tofu. You may need oil again 2 tps fry till the tofu turns brown. Set it aside on a plate.

Saute the mushrooms till they are cooked. Add 1 teaspoon oil if needed. Transfer to the plate.

Toss all the veggies together until the aroma spreads. Now, at this point you can serve the stir fry. Especially if you have people who do not eat mushrooms.

But to add more umami flavours add all the mushrooms and toss the ingredients.

Serve topped with lemon slices, basil and a sprinkle of coffee rub mix.

For the Eggplant Roundels:

Cut up the eggplant in roundels about 0.5 centimetres in thickness.

Rub in salt, and the coffee rub, You can also add chilli powder to the mix.

Let this marinate for about 20–30 minutes.

Dredge in a mixture of rava and rice flour.

Place them on a non-stick skillet and drizzle about 2 tablespoons of vegetable oil.

Cover and cook on low flame till the aubergine gets some golden flecks on the rava. Then flip.

You can add more oil if needed but generally, I sprinkle a tablespoon of water on the slices and cover immediately.

Cook till done. Serve hot!

This tastes great with rice, dal, fish curry or just plain as a starter.



This Delightful Smoky, Bright Salad is a Perfect Summer Starter

By Seema Doraiswamy Sriram

Fix up the barbeque! That gorgeous season calls for being outdoors, enjoying the sun, and some great grilled food. Among the many veggies I love to toss on the grill, Radicchio is one of my favourites. The slightly bitter leaves of this salad veggie taste best when grilled. This is mainly because it takes off the bitterness, adds a char and takes up the dressing so well. Here is the recipe for you, prep up the grill and enjoy the season.

Grilled Radicchio with Citrus Dressing

via mildlyindian.com

Ingredients

4 heads radicchio
1/4 tsp cooking oil
for the dressing
1 clove garlic
2 tbsp Lemon juice
1/4 tsp pepper (crushed)

salt to taste

Fire up the barbecue.

Wash and drain the radicchio and remove the outer leaves. Slice them in half.

Brush them with a bit of oil on both sides and place them cut side down on the bbq

When the radicchio starts looking a bit wilted, turn them over. Since they hold a lot of water in these leaves, they will steam and soften quickly.

As soon as the grill marks appear, remove them onto a plate. Set aside till dressing is ready.

Grate the garlic clove, and add the lemon juice, salt and crushed pepper. Mix them up and spoon a little onto each grilled radicchio.

The dish is ready.



You're Going to Love this Tried and True Burger

By Joy Gordon Stewart

I'm posting this recipe for one reason: the season! Spring has segued into Summer and many of us are back at our grills. If you want to add some punch to your regular burger try this recipe. What differentiates it, I hear you asking? Well, herbaceous thyme elevates the flavor from plain old slab of ground beef to delicately seasoned easy gourmet. Grainy brown mustard lends a zesty kick and the perfect amount of acid to complement the fatty beef patties. And the "secret" ingredient, a flavor that compliments the smoky grill flavor? Sesame oil. I've tried these patties with sharp cheddar and they were delicious--I'm sure your favorite sharp cheese will be just as tasty on them! In

the pic you can see my veggies grilling--onions and zucchinis.

Best Basic Burgers

via joyouskitchen.blogspot.com

Yield 8 small burgers (4 ounce) *or* 4 large burgers (8 ounce)

2 lbs. ground chuck or 85/15 grass fed ground beef
3 Tablespoons spicy brown mustard
1/2 onion, roughly chopped
1/2 Teaspoon kosher salt
1/2 Teaspoon sesame oil
1/2 Teaspoon thyme leaves

1/4 Teaspoon freshly ground black pepper
4-8 buns (depending upon the size you make your
burgers)

Method

Pulse onion, thyme, oil and pepper in a blender until
all ingredients are smooth.

Gently mix all ingredients.

Form into loose patties. Handling and/or packing the
meat as little as possible will produce more juicy and
tender burgers.

Grill over medium flame for 3-4 minutes per side for
the small burgers and 5-6 minutes per side for large
burgers (both cooking times are for well-done
burgers).



A Glorious Way to Dress Up a Special Occasion Steak

By Helen Chin

I admit that this is my favourite steak to BBQ and to eat. The charm of rib eye is that it offers a combination of tenderness and huge, beefy flavour that you won't often find in other cuts. Though it can be expensive to buy. Well, my brother in law bought it and we decided to try BBQ on his new Weber BBQ in Dubai. While he went to get the rib eye steaks, I browsed what flavours to add and found that it "has to be cooked in high heat on gas grill." I've been experimenting with dried spices. To add to those flavors balsamic cream caught my eye as well. It

was a *perfect* combination. It's a delicious and comforting meal. Let's get the BBQ going this season!

BBQ Rib Eye Steak

Via helenschin.com

Ingredients

For the Steaks:

4 rib-eye steaks
Rock salt
oil

Rib Eye Rub:

1 Tsp chili powder
1 Tsp cayenne pepper
1 Tsp dried thyme
1 Tsp dried rosemary
1 Tbs Baharat spice powder (can be made with equal parts cinnamon, cumin and smoked paprika)
1 Tsp oregano powder
4 Tbs oil (OPT)
balsamic cream (bought, bottle)
ground black pepper
salt to taste

Vegetable Ingredients:

4 medium carrots, cut bite size
4 medium potatoes, cut into bite size
1/2 butternut pumpkin, cut into bite size
2 packets rockets

Method

In a small bowl, combine all the rib eye rub ingredients. Adjust the ratio of spices to your preference. Preheat oven 200 degrees C.
Place the rib-eye steaks on a large deep tray and rub on all sides with salt. Leave the salt on steaks for 45

minutes. Then brush the rib eye rub on to steak both sides. Let it marinade for 1 hour. Heat the remainder of the rub with a small amount of liquid to make it into a sauce.

Prepare your vegetables: cut them into bite sized pieces then put them in a deep tray. Season with salt pepper and toss with olive oil. Bake in the oven for 1 hour. In between times, toss and stir around. Reduce temperature to 180 if vegetables are browning too quickly. Some ovens vary in heat.

Preheat a BBQ grill to high heat.

After 1 hour marinade transfer steaks to the hot grill and cook for 4 to 6 minutes on each side for medium-rare; longer if desired. Remove steaks, cover them with foil and let rest for 5 to 7 minutes before serving. This gives all those wonderful juices time to return to the meat, giving you a tender and juicy steak. Slice it to bite size and serve it with roasted vegetables and rockets. Squirt some balsamic cream on steaks. Enjoy!

Notes: You can use Porterhouse, T-Bone and Strip steaks. BBQ has to be high heat. Indirect heat is a barbecue cooking technique in which the food is placed to the side of or above the heat source instead of directly over the flame. This is easily accomplished by keeping the charcoal to one side of your grill, or in the case of gas burners half on and half off. And *never, ever cut the steak* to see if it is done. Always use tongs to turn your steak.



This Delicious Bright, Fresh and Creamy Dessert Will Become Your Summer Go-To

By Mayuri Patel

Roasted Pineapple Cheesecake made with fresh pineapple is creamy, delicious and so easy to make. Paired with ginger cookie crumbs, it offers a burst of flavours. Perfect dessert to make for a BBQ party or a garden party. Adding a bit of toasted coconut makes this dessert delish.

Why Roast or Grill The Pineapple?

Well, firstly it is a good way to use up pineapple that is a bit sour or tasteless. Secondly, grilling or roasting brings out the natural flavours. Also when grilled or roasted with brown sugar, honey or maple syrup you get that lovely subtle caramel flavour.

Must admit that when I posted this recipe at the beginning of spring, we still had quite a bit of snow in Canada. Therefore I roasted the pineapple slices in the oven.

Recently, Joy Gordon Stewart has better weather where she is so she actually grilled the pineapple slices on her BBQ grill and she commented that they turned out perfect. Over low medium flame she allowed the slices to grill for 4-6 minutes on either side. I would recommend keeping the slices about ½ inch thick.

For more tips check out my blog [Mayuri's Jikoni](#)

You can also watch how to prepare Roasted Pineapple Cheesecake on my [YouTube Channel](#).

Roasted Pineapple Cheesecake

via [mayuris-jikoni.com](#)

Serves 6

Ingredients

For Roasted Pineapple

7-8 rings pineapple, fresh
¼ cup brown sugar
1 tsp cinnamon powder

For the Base/Crumb Layer

1 cup ginger cookie crumbs (or any cookies of your choice)
2 tbsp butter melted

For the Cheesecake Layer

1 cup cream cheese
1 cup whipping cream
1 cup roasted pineapple puree
½ -¾ cup powdered sugar
1 tsp vanilla extract

Topping

roasted pineapple chunks
roasted coconut grated or slices (optional)

Instructions

Preparation of Roasted/Grilled Pineapple

Preheat the oven to 200°C.

Layer a baking tray with foil or parchment paper.

Mix brown sugar and cinnamon on a plate.

Coat the slices of pineapples with the brown sugar mixture on both sides.

Arrange the pineapple rings in the prepared tray.

Roast them for 20-25 minutes, until light golden in colour.

Remove them from the oven. Allow them to cool a bit.

Leave two pineapple rings for topping. Cut them into chunks.

Puree the rest into a coarse texture without using any water. Best to use the food processor.

For grilling, follow till step 4.

Grease the grill grates. Preheat to 350 F.

Place the coated slices on the grill. Grill each side for 4-6 minutes.

Preparation of the Base/Crumb Layer

Process the cookies into fine crumbs in the food processor.

Add melted butter and mix.

Divide the crumb mixture equally into 6 parts.

Add one part to one glass or bowl. Press it down gently using the back of the spoon or the end of the rolling pin.

Repeat the same with the remaining crumb mixture.

Put the glasses or bowls in the fridge while you make the cheesecake layer. This allows the base to set a bit.

Preparation of the Cheesecake Layer

In a mixing bowl whisk cream cheese, vanilla extract and powdered sugar together.

In another bowl whisk the whipping or double cream till it forms soft peaks.

Add the whipped cream to the cream cheese mixture.

Fold in gently.

Add the pureed roasted pineapple. Mix gently.

Divide the cheesecake mixture between the six glasses or bowls by adding it on top of the crumb layer.

Gently even out the surface using the back of the spoon.

Cover the bowls or glasses with small lids or cling film.

Allow the cheesecake to chill in the fridge for 6-8 hours or overnight.

Topping

Can add any topping of your choice, roasted coconut slices, whipped cream, cherries, or as I did, just with roasted pineapple chunks and toasted grated coconut.

Global Gourmet Magazine Contributors

Jasmina Brozovic

Contributing Editor

Jasmina is the author of the 'Beyond the Cake' book. With her husband Zvonimir Fras, she has been writing about Croatian gastronomy and customs on social media, garnering a large audience. Here is what she tells us about herself:

I am a fun loving, cake baking, food cooking, people caring, always dancing, nature enjoying chatterbox! My goal is to get you to enjoy preparing your food with or for the people you care about.

See more of Jasmina's fabulous food at: <https://www.zvonimirfras.com/jasmina/>

Helen Chin

Contributing Editor

I am Helen Chin, originally from Malaysia. Have been living in Australia for about 32 years now and retired. I enjoy cooking, experimenting with various combinations of herbs, fruits, and spices to go with meat and vegetables as well as creating food using various techniques.

Everyone does have to eat food. Food can be creative yet simple, easy and quick within the budgets. It can be presented with taste, colours, comfort, and hearty for everyone. I am grateful to have join some foodie's bloggers and have learned to cook various main meals as well as desserts.

I have mastered my culinary skill from these foodie's bloggers. Thus, I have made many friends who enjoy sharing their food with me. Also, I have recreated their food with my interest in exploring and creating. It has been a mileage of food journey which I hold strongly.

To me, food on the table can bring family members and friends to sit at my table to eat and to communicate, which many people seem to have no time for. I am pleased that I grab this opportunity to pursue cooking as a hobby and it has brought my family together weekly.

See more of Helen's imaginative dishes at helenscchin.com

Mayuri Patel

Contributing Editor

Hi I'm Mayuri Patel, an Indian born and brought up in Kenya. A retired teacher, I began my blog Mayuri's Jikoni in 2012. Started off as a remembrance for my mum from whom I learnt how to cook the basic Gujarati Cuisine. Initially I just wanted to jot down recipes that I learnt from her, my mother in law and my aunt. However, requests and interest led to me venturing out from my comfort zone to include recipes from world over. It soon became an endeavor to make Vegetarian Food more exciting, and a way to portray that vegetarians too enjoy different cuisines from around the world.

See more of Mayuri's mouthwatering cuisine at: www.mayuris-jikoni.com

Archana Potdar

Contributing Editor

I am Archana Potdar and I am the Mad Scientist of the "Mad Scientist's Kitchen" here. I love cooking, baking and experimenting with food. I am constantly reinventing the food we eat at home. Throwing together leftovers and unpopular ingredients into something that is loved by all. However, My blog focuses on nutritious and wholesome meals that are safe for everyone, from kids to the elderly.

My blog focuses on: Simple food that is easy to cook and healthy. Food that is tasty and quick to make. Vegetarian alternatives to non-vegetarian food. A reduced carbon footprint and a zero-waste kitchen that prefers local ingredients. A home-cooked alternative to take-out. A healthier adaptation of your favourite restaurant meals.

I live in Goa, India with my husband who is my friend more than my husband and the support. He has held my hands when I have been happy and sad. The head of our family is my FIL who lives with us. I have 2 daughters Apeksha and Akanksha both are moving to Bangalore for work and study respectively. All of them are my chief critics and support.

I incorporate the best of flavours and balance healthy with junk and reach a median point.

My blog is very versatile, as my family has a very versatile taste. Today if we enjoy pancakes tomorrow it will be idlis. You will find a mix of Indian, Fusion and World Cuisine on my blog. We are vegetarians at home and the fish and chicken dishes we eat outside are the ones I try to replicate. Like my Xec-xec here.

My favourite thing is baking as it relaxes me. You can find bread, cookies and cakes on my blog.

I take orders for bread and simple cakes. So if you want some delicious goodies do place your orders with me.

For more of Archana's fabulous food visit: <https://themadscientistskitchen.com/>

Seema Doraiswamy Sriram

Contributing Editor

Hi, I am Seema Sriram. Stepping into the 8 th year of food blogging as Mildlyindian, we believe in simple fuss-free food, heavily influenced by our travels. Enjoy our Indian inspired vegetarian blog and the unique ideas we try out in our family kitchen.

Enjoy more of Seema's delicious recipes at mildlyindian.com

Joy Gordon Stewart

Editor in Chief

I am mother to two young boys and I love to cook for my family, especially from ingredients sourced from my mountain home. I've been blogging about food at The Joyous Kitchen for almost a decade. I worked in catering for over a decade. I love to cook and write recipes and share them with everyone!

You can find more of my recipes at:

www.joyouskitchen.blogspot.com

